

LIFESTYLES

Hawaii Marine B Section

March 19, 2004

Watching & telling tails



Photo Courtesy of Red Sail Sports Hawaii

Whale-watching cruise excites, educates

Petty Officer 1st Class
Jim Williams
Hawaii Navy News

"There she blows!" I thought as water erupted off the bow of the ship and a flipping whale tail glinted momentarily in the sun before disappearing again beneath the surface of the water.

When the ship's captain announced, "Whale sighted at nine o'clock, off the left side of the boat," every guest in the dining room jumped up and sped away. I imagined this scene to be reminiscent of the crusty old whalers on Ahab's ship, moving purposefully to catch a glimpse of the infamous great white whale.

But this was no classic whaling vessel crossing the cold, bitter Atlantic. This was an ultra-modern ship, featuring a deluxe lunch, cruising a mile off the coast of sun-drenched Oahu.

Every winter, thousands of Pacific Humpback whales migrate over 3,500 miles, from the icy waters of Alaska to Hawaii's warmer climate, to mate, give birth and raise their young.

This highly anticipated migration draws people from around the globe to the Hawaiian Islands to witness this spectacular event first hand. For those lucky enough to call Hawaii home, a front-row seat for watching these magnificent creatures can be found on a number of



Photo Courtesy of Paradise Cruise, Ltd.

At least eight species of whales frequent the waters of Hawaii. The humpback whale, as seen above, is the most watched and only migratory species while the other seven whale species can be seen in Hawaiian waters year-round.

beaches around the islands.

While you can actually see whales from certain shores, I've found the best view of the humpbacks is on the water.

This time, I selected a whale-watching ship to be my platform.

We began the voyage at Aloha Tower Marketplace and headed toward scenic Diamond Head and the beautiful Kahala Gold Coast. The cheerful crew welcomed everyone and immediately began offering extracurricular activities to keep guests entertained between whale sightings, including lei making, ukulele and hula lessons.

Meanwhile, the captain watched the water,

prepared to announce any whales spotted.

I made my way up to the second deck where they were showing a film about the humpbacks.

I decided to pop in for a moment and quickly discovered many tidbits of information, including the fact that Humpbacks are characterized by the high arching (or humping) of their back when they dive, and on average, can weigh 40 to 45 tons at adulthood.

This amazed me because in spite of their mammoth size, they still move so gracefully.

As they described how the mating usually results in a single calf born about a year later, someone outside began shouting that they saw something —

or at least thought they had.

A wave of excitement ran through the passengers in spite of the false alarm.

As if on cue, the loudspeaker crackled and a voice announced, "Blow [waterspout] sighted at nine o'clock."

Was this just another false alarm, or would I actually get to witness a whale's massive dark gray body rise high into the air above the sea's surface as it "breaches" (where at least two-thirds of its body rises out of the water) before plunging back into the ocean?

As the captain slowed the engines, I heard someone explain that whales do not actually jump very often, and what we needed to do was watch for dark, slick spots on the ocean surface, where the whales are submerged.

Then I saw it! A spout of water ascended high into the air.

Before I could even blink, the captain proclaimed another whale was just observed near the rear of the ship, this time accompanied by a number of spinner dolphins.

The crowd "oohed and aahed."

The ship slowed almost to a complete stop as I gazed with wonder at such a magnificent animal, so much larger than myself, up so close.

One of the crew members explained to everyone the best ways to spot whales from the shores. It's surprisingly easy, especially from Oahu beaches

like Makapuu Lookout or Kaena Point, which look out over common whale environments.

All you need to do is scan the horizon, looking for large splashes caused by blowholes or tail slapping. Or, look for boats filled with tourists sitting still for no apparent reason. That's a sure sign there's a whale in the vicinity.

The hours passed and inevitably we began our trip back into the harbor, all the while dodging sailboats and surfers. I returned to the dining room and caught the end of the ship's lunchtime show, highlighting the story of Hawaii's unique heritage with live music and dance.

With the sounds of the ukulele in the background, I sat back and reflected on my experience.

I suppose it is different from person to person because, while I heard some people declare how the trip was one of the most memorable experiences of their life, I heard someone else complaining that none of the whales ever jumped out of the water like they had seen on the postcards.



File Photo

It's doing a fluke up dive!



Wish you were here!

Photo Courtesy of Red Sail Sports Hawaii

Atlantis Cruise Line
Direct: (808) 973-1311
Web site: www.atlantisadventures.com/news.php

Some businesses that offer whale watching cruises:

Dream Cruises of Hawaii
Direct: (800) 400-7300
Web site: www.dreamcruises.com
Paradise Cruise, Ltd.
Direct: (808) 983-STAR (7827)
Web site: starofhonolulu.com

Red Sails Sports Hawaii
Direct: 808/886-2997 ext. 1295
Web site: www.redsailhawaii.com

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

March

19 / Today

Teddy Bear Roundup — In preparation for Child Abuse Prevention Month in April, Counseling Services is accepting teddy bear donations at Marine and Family Services, Bldg. 216, and at the Semper Fit Center now through March 31. Show a child you care and share a bear by donating a new or gently used teddy bear.

20 / Saturday

MCCS One Source —Marine

SM&SP



All events are open to single, active duty military, E-5 and below.

The SM&SP Office is located in Bldg. 1629. Call 254-7593 for more info.

SM&SP Online

Get more on SM&SP at www.MCCSHawaii.com under the “Semper Fitness” icon.

Upcoming Events

Your SM&SP continues to deliver quality activities such as the below:

•*Tuesday & March 30:* Every Tuesday in March, the SM&SP has been hosting golf clinics for \$40 per person, where you can learn everything from swing fundamentals to etiquette, and practice up for the next tournament.

•*Wednesday:* Join the SM&SP for the Shank & Slice Golf Tournament at the Kaneohe Klipper Golf Course. Best-ball action will begin at 12:30 p.m., and costs only \$25 for E-5 and below, and \$33 for E-6 and above. Players can bring their boss (one boss per player and sponsor must play with guest).

•*Maui Getaway:* Visit Maui without breaking the bank this Memorial Day weekend. The cost is \$350, and includes airfare and shared accommodations for all unaccompanied Marines and Sailors E-5 and below. This trip is limited to the first 16 people who sign up, so register today.

Inflatable Game Rentals

Sumo suits, the Gladiator Joust and the Big Bouncy boxing ring are all available for unit functions on MCB Hawaii, for only \$100 per game.

Volunteer Opportunities

Marines and Sailors are needed to help support various activities and events. To discover how you can get involved in the process, contact SM&SP now.

Corps Community Services’ One Source provides active duty and their families, reservists, sister services and service delivery staff with information and resources that can help improve many areas of their lives. From relocation to education needs, family support to health and wellness, financial matters to everyday issues, MCCS One Source is everyone’s one-stop resource to finding information, guidance and answers.

By using credentialed consultants, patrons have confidential access to pre-paid educational materials and other reference resources 24-hours a day, seven days a week, and registration is easy for MCCS One Source. To create your own personal profile, log onto the MCCSOneSource.com Web site, and enter “Marines” as your user name. Enter “Semper Fi” as your password. If you want more interactive assistance, call a One Source consultant at 800-433-6868 (in the continental United States), 800-237-42374 (for the overseas CONUS universal free phone) or collect at 484-530-5908 (for OCONUS). Access via TTY/TDD is available at 800-346-9188.

Staff NCO Saturdays — Every Saturday night in the Staff NCO Rocker Room, join your buddies for karaoke and pool tournaments. The club opens at 6 p.m.

For more info, call 254-5481.

Family Child Care — Family Child Care is a home-setting child care service provider operated by MCCS Personal Services with certified providers trained in child development, nutrition, guidance and more. Family Child Care provides a flexible schedule including evenings, weekends and overnight care.

To find a Family Child Care provider, call the Children, Youth and Teen Programs offi-

cer at 257-7430. To become a Family Child Care provider at MCB Hawaii, call the FCC Office at 257-7030.

22 / Monday

Right Hand Man Lunch — MCCS is calling all officers to Monday through Thursday at the Officers’ Club. Invite up to three of your staff noncommissioned officers to the club for lunch, and show them your appreciation.

Also, Corps, camaraderie and chow, are all at the Officers’ Club from 4:30 to 6:30 p.m. For more information, call the Officers’ Club at 254-7650.

24 / Wednesday

Mongolian Barbecue — Don’t feel like cooking dinner? Head out to the Officers’ Club for Mongolian Barbecue and leave the work to the professionals.

Buffet style, select your favorite veggies and meat including chicken, shrimp, pork and beef; pile your bowl high, and “kick it up a notch” with a sauce of your choice. Then watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served every Wednesday and Friday. For more details, call 254-7649.

25 / Thursday

Storytime — Every Thursday at 10 a.m., children and parents are invited to a fun-filled hour of stories, activities and special events at the base library’s Storytime. Come down and spend some quality educational time with your children.

For more information, call the base library at 254-7624.

NCO Appreciation — Don’t forget your young devil dogs. Expose them to the club and give them something to strive

for, as well as plenty of food and entertainment.

For more details, call 254-5481.

27 / Saturday

Texas Hold ‘em — Head to the Staff NCO Club for a shufflin’ showdown. Texas Hold ‘em Poker Tournament rules will be in full swing, and the top three players will win prizes and go on to play the best of the rest from other clubs in the finals.

Dealers and a pit boss are needed. For more information, call 254-5481.

29 / Monday

ETAP Seminar — Senior active duty within 24 months of their retirement date, should see their unit transition counselor to schedule attendance at a mandatory Executive Transition Assistance Program seminar, which is designed to assist in making the transition to civilian life.

The class will be held in Bldg. 279 on March 29 – 31. Call Marine & Family Services’ Transition Program at 257-7790 for more information.

April

1 / Thursday

Celebrating Children — April is the Month of the Military Child and Child Abuse Prevention Month, a time to share your love and attention with our special little ones.

Call Marine & Family Services at 257-7787 for information and activities occurring throughout the month of April.

2 / Friday

Salsa Reggae Fest — Mixing it up for a night of salsa and reggae, directly from Puerto Rico, Los Reyes Del Sandungeo, MC Cejas, DJ Casper, MC Junico and MC Jan will be performing in Kahuna’s Ballroom. Also helping them heat up the night will be Oahu’s very own El

Conjunto Tropical.

This concert is open to all E-5 and below, DoD civilians and sponsored guests. Festivities will kick off at 9 p.m., but get advance tickets for \$20 now, because cost will be \$25 at the door.

For more details, call Kahuna’s Sports Bar & Grill at 779-6782 or 375-5997.

3 / Saturday

Easter at Manana — Manana Youth Activities will present an Easter Egg-stravaganza from 10 a.m. to 1 p.m. at the Manana field and courts. Bring your family for a colorful day of fun with games, crafts, water-balloon tosses, Easter egg hunts, great prizes and much more!

For more details, or to volunteer to help, call 456-1662.

6 / Tuesday

Expecting Parents — Dad’s Baby Boot Camp and Mom’s Basic Training classes will be held from 8:30 a.m. to 4:30 p.m. on April 6 and 7. Topics to be covered include third trimester birth preparation, breathing and relaxing techniques, pain management, infant care and breast-feeding, post-natal resources and much more.

Classes are free and seating is limited, so call 257-8803 to register or for more information.

8 / Thursday

Seafood Buffet — Enjoy the all-you-can-eat seafood buffet every second Thursday of each month at the Officers’ Club from 6 to 8 p.m. The buffet features prime rib, snow crab legs, peel-and-eat shrimp, ahi poke, calamari, fresh manila clams, fresh catch-of-the-day, an assortment of salads and deserts, and much more.

Reservations are recommended, so call 254-7650 to save your seat.



STOMP works for special families

Marine Corps Community Services Press Release

The Marine & Family Services’ Exceptional Family Member Program (EFMP) invites you to join the group for the upcoming STOMP Workshop to be held April 1 and 2, from 8 a.m. to 4:30 p.m. each day.

Specialized Training of Military Parents, or STOMP, is a federally funded Parent Training and Information Center that provides support and advice to military families and professionals, regardless of their geographic location.

This free workshop is designed to empower families with special needs children aboard MCB Hawaii. Families will

gain knowledge and information regarding how to work together effectively to promote success for their child.

“I believe that one of the great hurdles to overcome, for families with special needs children, is knowing that there are resources out there that can actually help make life less stressful and more meaningful,” said Ed Josiah, EFMP coordinator at MCB Hawaii.

“Knowing that you are not alone, that there is a support system like the EFM program in place, and resources like STOMP that are available and accessible, can be very empowering and freeing.”



The conference will include presentations on laws and regulations regarding education of students with disabilities (such as IDEA PL 105-17 and Section 504 of the Rehabilitation Act), networking skills, communication strategies, the IEP (individual education plan) process, wills and guardianship.

STOMP is a nationally recognized resource of information for military families who have children and young adults with disabilities, and the professionals working with them.

For more information about the upcoming workshop or to register, contact EFMP at 257-7787. For more details about STOMP, go to www.stompproject.org, or call 1-800-5PARENT via TTY.

MOVIE TIME

Prices: Adults (12 and older) \$3; children 6 to 11, \$1.50; and children, 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for “R”-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your ID at the box office. Call 254-7642 for recorded information.

** “Advanced Screening” Policy: Call 254-7642 for the movie title. One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.*

Cold Mountain (R)	Today at 7:15 p.m.
Big Fish (PG-13)	Today at 9:45 p.m.
Win a Date with Tad Hamilton! (PG-13)	Saturday at 7:15 p.m.
Along Came Polly (PG-13)	Saturday at 9:45 p.m.
Win a Date with Tad Hamilton! (PG-13)	Sunday at 3:30 p.m.
Big Fish (PG-13)	Sunday at 3:30 p.m.
My Baby’s Daddy (PG-13)	Wednesday at 7:15 p.m.
Cold Mountain (R)	Thursday at 7:15 p.m.
The Big Bounce (PG-13)	March 26 at 7:15 p.m.
My Baby’s Daddy (PG-13)	March 26 at 9:45 p.m.

Skills Center is ideal for cost cutting

Lance Cpl. Megan L. Stiner
Combat Correspondent

Not every vehicle in the world can run as smoothly as the street-racing Mazda RX-7 in the 2001 film “The Fast and the Furious.” But service and family members, whose cars may require a tune-up now and again to improve their performance, can visit the Auto Skills Center aboard MCB Hawaii, Kaneohe Bay.

Located beside the car wash and near the Provost Marshal’s Office on Third Street, the Auto Skills Center assists nearly 3,500 Marines, Sailors and their family members each month.

“The biggest advantage to using the Auto Hobby Shop is the savings,” said Carl Cabrera, manager of the Auto Skills Center. “The biggest difference to using it is you learn to work on your own car in the process.”

Going to a hobby shop, or skills center, off base to have your car worked on can cost the owner anywhere between \$89 and \$91 per hour. To work on your car at the base Auto Skills Center costs the vehicle owner only \$2.50 per hour for the stall provided to work in.

According to Cabrera, all the tools and the assistance from any of the 11 Automotive Service Excellence certified staff members — himself included — are free of charge. The staff members are very knowledgeable automotive engineers; some have 25 to 30 years of experience working on cars.

“The staff is here to help out and assist with anything that the owner[s] may not know about their car,” he said. “What people need to realize is this is not a repair shop; the work is done by the owner of the car,



Sergeant Scott Koenig, crew chief for Marine Helicopter Training Squadron 301, works on his car’s transmission at the Auto Skills Center. One advantage to using the base skills center is the hands-on experience and personal knowledge the owner gains.

not the staff at the shop.”

When people visit the Auto Skills Center for the first time, staff give them a brief to inform them about the services, tools and materials they will need, as well as to answer any questions they might have.

To check a vehicle into one of the 25 available stalls, the owner will need proof of ownership, his or her military ID card, vehicle registration, and the vehicle Department of Defense decal or

temporary equivalent.

There is even overnight storage available, in case the vehicle cannot be moved until the next day. If the vehicle needs a specific part to be ordered, a member of the staff can help the owner troubleshoot the part for the specific vehicle, and make sure the right part is ordered. The staff can also refer the owner to a place where he or she can purchase the part as a last resort.

Further, patrons visit the Skills Center to get safety checks, tune-ups, brake jobs and full-car restorations.

“We do state safety inspections, which cost \$14.70 without tinted windows and \$19.70 with after-market tinted windows,” Cabrera explained, “but the most common repair we come across are brake jobs.”

The biggest problem that patrons need help understanding is electronic systems on new cars, he added. A light will pop up on the dashboard panel of a newer model car, and the owner will not recognize what it means. Once the vehicle is brought in, a staff member can look up what that particular light means and help the owner to fix the problem.

The Skills Center also holds car auctions for abandoned vehicles found by PMO. Once

the owner of the abandoned car is notified, the car is inspected to see what engine problems it may have. After the initial inspection and notification, the car is put up for auction with a list of its problems, and the starting bid price is affixed to its windshield.

“Anyone interested in purchasing a car in the lot can just come by. Check in by telling the clerk the reason for the visit, and go look at the cars lined up along the fence,” said Cabrera.

The Auto Skills Center is here to prevent people from spending outrageous out-of-pocket costs for something they can easily do themselves, Cabrera emphasized.

“A lot of patrons that come here like to work on their own vehicles, but for those who don’t, we are here to help assist in any way possible.”

Auto auction to begin Monday

The Auto Skills Center holds an auto auction on cars that it acquires and fixes up to working condition. Interested parties can inspect the vehicles and place bids in the ballot box inside the Auto Skills Center.

Remember, the next time you are in the market for a new vehicle and don’t want to pay those high prices, visit the Auto Skills Center. It just may have what you are looking for.

Current Auction Vehicles			
Year	Make/Model	Min. Bid	Remarks
1992	Mazda/Mx-6	\$1,600	Runs, needs windshield
1992	Nissan/Sentra	\$1,000	Runs, needs minor front suspension work
1989	Nissan/Sentra	\$50	Runs, needs some work
1988	Acura/Legend	\$50	Runs, needs some work and a windshield
1987	Nissan/Stanza	\$500	Runs, needs tune-up
1972	Dodge/Dart	\$250	Runs, needs starter

The opening date for the above vehicles is Monday; the closing date is April 5.

To find out more information about the bidding process, call the Auto Skills Center at 254-7675.

Showers magnify driving hazards

NewsUSA
Featurettes

Worn out tires and windshield wiper blades are symptoms of neglected vehicle maintenance that put drivers and passengers at serious risk during rainy weather, according to the Car Care Council.

Thin tire treads create hazardous driving conditions when water builds up on the roadway. The council said deep tread accommodates accumulated water; thin tread does not. Instead, thin tread causes the tire to hydroplane — ride up on a film of water, losing contact with the pavement (similar to driving on ice).

The simplest way to check tire tread depth is with a penny. Insert the penny into the grooves of the tread. If you are able to see all of Lincoln’s head, the tire needs replacement.

Rainy weather also affects

driver visibility. Because 90 percent of driving decisions depend on good vision, a clean windshield is imperative.

Streaking and smearing impair vision and are caused by worn windshield blades. One out of every five vehicles that went through the Car Care Council’s check lanes had worn wiper blades.

“Replacing worn wiper blades is easy and inexpensive,” said Rich White of the Car Care Council. “Why put it off until there’s a downpour and your blades are chattering and smearing the windshield?”

Taking an active role in your car’s care can save you a lot of money down the road.

The Car Care Council is the source of information for the “Be Car Care Aware” campaign, educating consumers about the benefits of regular vehicle maintenance and repair. For more info, visit www.carcare.org.

Driving glasses reduce eyestrain

NewsUSA
Featurettes

With nearly 60 percent or 45 million of the baby boomers in the country wearing prescription eyeglasses, the eyewear industry is experiencing an upsurge in high-performance eyewear, including new developments in lens alternatives like photochromics.

These lenses are resurging in popularity, thanks to new advances in technology, as well as the increase in eyeglass-wearing baby boomers who are demanding more sophisticated eyewear to match their active lifestyles.

Many eye care professionals report that the number of photochromic lenses sold has nearly doubled in the last two years, and now accounts for nearly 20 percent of all lenses sold.

According to a study conducted by Dr. Susan Stenson, professor of ophthalmology at the New York University School of Medicine, patients using photochromic lenses indicate reduced eyestrain and a signifi-

cant improvement in visual comfort and satisfaction over regular, clear lenses.

“With more style- and health-conscious boomers finding themselves in eyeglasses, it’s not surprising that more are turning to photochromics as convenient, everyday lenses,” Stenson said. “This is important for people of all ages, considering the body of evidence linking cumulative UV exposure with diseases of the eye, like cataracts and macular degeneration.”

Since photochromic lenses darken only as much as needed, they provide everyday protection when UV light is at its peak in bright, sunny conditions or on cloudy days when more damage to the eye occurs because people don’t think to put on sunglasses.

This protection is important considering 90 percent of all UV-related skin cancers appear above the neck. This also is an area where the first signs of aging occur, including fine lines and wrinkles often caused by squinting. The lenses help protect against glare, therefore helping to reduce squinting and, at the same time, providing a more comfortable overall experience.



Photochromic lenses, which darken in bright light, provide stylish function and protection for eyes and skin.

Ford Motor Company pays tribute to real-life ‘Rosies’ on Web site



NAPS
Featurettes

The Ford Motor Company is honoring a celebrated group of women who were indelibly etched into American lore. Ford is paying tribute to “Rosie the Riveter,” a nickname given to women who turned in their aprons for hard hats, then entered the U.S. labor force during World War II.

“We Can Do It!” was the caption on the famous World War II poster of “Rosie the Riveter.”

In November 2003, select real-life “Rosies” and their descendants gathered at the site of the new Rosie the Riveter

National Park in Richmond, Calif. The ceremony announced the nationwide effort to collect stories, authentic artifacts and personal histories from living “Rosies” and the families of “Rosies” who had joined the World War II home front effort. Material collected will be archived and used to create exhibits in the park’s visitor center to commemorate this significant period in American history.

Among the descendants who took part in last year’s celebration was the daughter of Rose Will Monroe. Rose was hired to work at Ford’s Willow Run Aircraft Factory in 1942, and subsequently chosen to appear in a promotional film encouraging women

to join the country’s workforce. As a result, “Rosie” stuck as the nickname for all women who entered the U.S. labor effort during World War II.

The stern-faced, muscle-flexing woman depicted in the poster became a symbol of all those who worked on domestic soil to keep American industry moving forward.

Ford is asking all “Rosies,” their descendants and others who helped win the war on the home front, to visit www.ford.com/go/rosie and share their personal stories.

The Ford Motor Company was the first industrial corporation to hire women at its factories, beginning a long legacy of women pioneers at the company.

Maintaining healthy credit means tracking credit record

Lance Cpl. Regina D. Shelly
Legal Assistance Center

Credit agencies are often a hassle to deal with — not to mention the fact that they are pricey as well — such that few individuals are inclined to perform that highly recommended chore of obtaining yearly credit reports. Yet, in today’s world, keeping tabs on your credit history has become a necessity.

If you have recently been through a divorce, or are contemplating one, you may want to look closely at issues involving credit. Understanding the different kinds of credit accounts opened, for example, during a marriage, may help illuminate the potential benefits and pitfalls of each.

Types of credit accounts

There are two types of credit accounts: individual and joint. You can permit

authorized persons to use the account with either, and when you apply for credit, whether with a charge card or a mortgage loan, you will be asked to select one type.

Individual accounts

With an individual account, the creditor considers your income, assets and credit history alone, not your spouse’s. Whether you are married or single, you alone are responsible for paying off individual credit debt.

The account will appear on your credit report, and may appear on the credit report of any “authorized” user. However, if you live in a community property state (Arizona, California,

Idaho, Louisiana, Nevada, New Mexico, Texas, Washington or Wisconsin), you and your spouse may be responsible for debts incurred during the marriage, and the individual debts of one spouse may appear on the credit report of the other.

Joint accounts

Concerning joint accounts, both yours and your spouse’s income, financial assets and credit history are factors that the creditor uses in determining your credit. No matter who handles the household bills, you and your spouse are responsible for seeing that debts are paid. A creditor who reports the credit history of a joint account to credit bureaus must report it in both names.

If you are considering a divorce or separation, pay special attention to the

See CREDIT, B-8



Requesting credit reports

When sending in your request for a credit report, you must include the following information:

- Full name (first, middle, last with any generation information such as Jr. Sr., I, or II).
- Your current address and former addresses, for up to five years, including apartment numbers and zip codes.
- Proof of your current address showing your name and current address, such as a utility bill, phone bill, bank statement, insurance statement, driver’s license, pay check stub, signed lease or W2 form.
- Social Security number (if married, also supply your spouse’s SSN).
- Telephone number.
- Current employer.

WORD TO PASS

UOP to Host IT Seminar

If you’re interested in high-tech issues, then the brown bag seminar titled “Undersea Fiber Optic Cables and Hawaii” may be the luncheon you don’t want to miss. Longtime international telecommunications professional and owner of the consulting company WikiNET Mr. George Schmelzer will be the guest speaker at a free luncheon March 31 from noon till 1 p.m.

The seminar will be held at the Fort Street Mall location of the University of Phoenix-Hawaii Campus in Room 620 at 828 Fort Street. Topics to be addressed include attracting high-tech business to Hawaii. Also, Schmelzer will answer the following questions: How are undersea cables built and operated and who are the players? What are the problems affecting this industry and what is the outlook for Hawaii? How will the problems affecting this industry affect Hawaii and its high-tech industry aspirations?

R&B Heavyweights to Give One-Night Concert

Honolulu’s Blaisdell Arena will be the location for a one-night “Battle of the R&B Heavyweights” on April 2, which will feature the soulful crooners Ginuwine and Avant, plus hot R&B vocal group Jagged Edge.

Joining the heavyweights for the Honolulu gig is Keke Wyatt, a rising soul singer from Kentucky, and the opening act will be Hawaii’s own Jonah Moananu, fresh from his stint on “American Idol” as one of the top 32 finalists.

Tickets are now available at Ticketmaster outlets throughout Hawaii, including the Blaisdell Center Box Office and Times Supermarkets, and the Ticketmaster Web site at www.ticketmaster.com.

For more information, contact Spencer Toyama at 398-9665.

OU-Hickam Offers Econ Degrees

The University of Oklahoma offers a Master of Arts in Managerial Economics and a Master of Public Administration. Non-thesis programs can be completed in about 18 months, and the once-a-week classes are very friendly to deployed service members and their families.

To get more information, contact OU at 449-6364, e-mail aphickam@ou.edu, or visit the Web site www.goou.ou.edu.

April 1 is Due Date for KOSC Scholarships

The Kaneohe Officers’ Spouses Club is serving the military community once again by offering an educational scholarship to qualifying candidates. Applications are available to family members of active duty, retired or deceased officers of the U.S. armed forces whose present or final duty station is/was MCB Hawaii (Kaneohe Bay or Camp H. M. Smith).

All applicants must have been accepted by, or currently enrolled in, an accredited college, university or technical/vocational school. And certain other qualifications must be met, including essay and letter submissions.

For more information or to obtain an application, contact the KOSC office at 254-2491, e-mail kosc_scholar@hotmail.com.

The KOSC application deadline is April 1.

College to Host Grammy-Winning Guitarist

Windward Community College



presents acclaimed classical guitarist Sharon Isbin at its Paliku Theatre on March 28 at 7:30 p.m. This multiple Grammy award winner will be in town for a one-time performance of Baroque and Spanish-Latin to jazz-fusion selections. As always, military receive

a discounted ticket price of \$25; regular tickets are \$30 for adults. For more details, call the Paliku Theatre at 235-7330.

Dole Plantation Extends 6th Birthday Bash Welcome

Kamaaina and visitors are invited to join in on the fun and festivities planned for Dole Plantation’s sixth birthday

See *WTP*, B-8

Coffee House serves good fare and music

WAIKIKI — In Hawaii, a home-style hearty fare at a reasonable price seems to be the kamaaina meal of choice, and Wailana Coffee House is a favorite spot to find this.

Reminiscent of an old-fashioned family diner, this Hawaiian Ilima award winner for best family restaurant is located in the heart of Waikiki on the corner of the intersection of Ala Moana Boulevard and Ena and Kalia roads (across from Hilton Hawaiian Village).

Opened originally as a small “carhop” more than 35 years ago by Francis Tom, the coffee house has grown with the community and is now run by Tom’s wife Mary, two children (Kenton and Joanna) and a staff of about 80 people who work ‘round the clock.

While the coffee house remains in the style of a classic family diner, the Toms have recently remodeled the interior, adding new wallpaper, upholstery and paintings, giving it a spacious Polynesian décor.

They also offer patrons 50 cent validated parking below the building (off of Ena Road).

Wailana Coffee House is not only a hometown favorite, but also provides tourists with a tasty but inexpensive meal in the heart of high-priced Waikiki, 24 hours a day. Patrons can get a full meal for less than \$10 and the menu is so extensive, they could dine for weeks without repeating an order.

Some of the meals range from one-third pound burgers (a few include the traditional bacon cheeseburger, the Tokyo Teriyaki burger, and mushroom

burger, all served with french fries and tossed greens) to deli sandwiches like the Reuben Grill, with thinly sliced corned beef, Swiss cheese, sauerkraut and Thousand Island dressing (all “butter grilled” between two slices of rye) and the barbecue chicken — marinated in shoyu (soy sauce), ginger and garlic.

Their old-fashioned beef stew casserole (with chunks of beef and vegetables simmered together) and the tender kal-bi (Korean barbecue beef), both proudly represent their ability to handle local dishes.

In a long list of entrees, the “Meat Loaf Extraordinaire” meal seems to be a customer favorite. Served with salad bar, this freshly made meat loaf (crusty on the outside, moist on the inside) is topped with seasonings and a rich sauce. Included in the price are a baked potato, a loaf of sourdough bread, grilled pineapple spear, a beverage and a chocolate sundae topped with Macadamia nuts and whipped cream.

Other notable entrees include the Oriental stir-fry, overflowing with vegetables, sautéed and tossed with either beef or chicken (served on oriental noodles), the fresh Mahi Mahi, battered and grilled, or any of their reasonably priced steaks including a New York cut, broiled,

buttered and wine-d and the Teriyaki steak, marinated in their homemade Teriyaki sauce.

Also popular are the four-piece “broasted,” seasoned chicken dinner and the spaghetti and meatballs.

While the coffee house offers a very extensive lunch and dinner menu, many folks say breakfast (served 24 hours a day) is the main draw.

A few popular dishes include Eggs Benedict and “three-egg” omelettes — with toppings ranging from bacon, onions, celery, peppers and potatoes to Char Siu (roasted pork) and green onions.

Waffles and Belgian waffles are also both big sellers, served with a variety of syrups, strawberries and whipped top-

ping, or ice cream and hot fudge for those who like to combine breakfast and dessert.

Complete your meal with any number of desserts including a slice of apple pie, a banana split or my wife’s favorite: banana cream pie.

In addition to good food at an affordable price, Wailana also offers entertainment and karaoke nightly in its lounge. After the music of local artist Lopaka Brown, karaoke runs from 9 p.m. to midnight, weeknights (to 1 a.m. on Fridays and Saturdays).

In a day and age where finding a restaurant to please everyone is easier said than done (especially if you are looking for somewhere that is both family friendly and won’t break the bank), I find that the Wailana Coffee House offers a refuge where the food is good and reasonably priced, with the added bonus of being open around the clock.

(Editor’s Note: Wailana Coffee House offers a 10-percent discount to military [with valid ID] every day [except holidays].)

Commentary

Island

Flavors

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Count on oatmeal when counting calories and eating healthy

NAPS
Feaurettes

Health experts agree that the best way to slim down is to avoid trendy weight-loss programs and stick to the tried and true: make more healthful food choices, eat fewer calories and exercise regularly. Studies show, for example, that adding more whole grains to your diet can help you maintain a healthy weight.

Fruit & Oatmeal Snack Bars are packed with the whole-grain goodness of oats and lower in fat and calories.

Enjoy these chewy, fruit-filled bars at breakfast or as a satisfying snack.

Fruit & Oatmeal Snack Bars

¾ cup packed brown sugar

½ cup granulated sugar

1 container (8 oz.) plain low-fat yogurt

2 egg whites, lightly beaten

2 tablespoons vegetable oil

2 tablespoons fat-free milk

2 teaspoons vanilla

1 ½ cups all-purpose flour

1 teaspoon baking soda

1 teaspoon ground cinnamon

½ teaspoon salt (optional)

3 cups Quaker oats (quick or old fashioned, uncooked)

1 cup diced dried mixed fruit or dried cranberries

⅓ cup sliced almonds (optional)

Heat oven to 350 degrees. In large bowl, combine sugars, yogurt, egg whites, oil, milk and vanilla; mix well.

In medium bowl, combine flour, baking soda, cinnamon and salt; mix well.

Add dry ingredients to yogurt mix-

ture; mix well.

Stir in oats, dried fruit and almonds. Then spread dough onto bottom of ungreased 13 x 9-inch baking pan.

Bake 28 to 32 minutes or until golden brown. Cool completely on wire rack.

Cut into bars. Store tightly covered. Makes 32 bars.

One bar contains the following nutrients: calories 120, total fat 2 grams, saturated fat 0 grams, cholesterol 0 milligrams, sodium 55 milligrams, total carbohydrates 24 grams, fiber 1 gram and protein 3 grams.

ON THE MENU

AT ANDERSON HALL

Today
Lunch
Oven Roast Beef
Baked Tuna & Noodles
Steamed Rice
French Fried Cauliflower
Vegetable Combo
Chocolate Chip Cookies
Asst. Fruit Pies

Dinner
Sauerbraten
Knockwurst
w/Sauerkraut
Cottage Fried Potatoes
Egg Noodles
Chocolate Chip
Cookies
Asst. Fruit Pies

Specialty Bar
Pasta Bar



Saturday
Brunch/Dinner
Grilled Steak
Pork Chop Mexicana
Mashed Potatoes
Spanish Rice
Fruit Nut Bars
Asst. Fruit Pies

Sunday
Brunch/Dinner
Beef Pot Pie
Baked Fresh Fish
Steamed Rice
Bread Pudding
w/Lemon Sauce
Peanut Butter
Cookies

Monday
Lunch
Teriyaki Chicken
Salisbury Steak
Steamed Rice
Mashed Potatoes
Apple Crisp
Asst. Fruit Pies

Dinner
Baked Meat Loaf
Oven Roast Beef
Parsley Buttered Potatoes
Pork Fried Rice
Apple Crisp
Asst. Fruit Pies

Specialty Bar
Pasta Bar

Tuesday
Lunch
Barbecue Spareribs
Veal Parmesan
Oven Browned Potatoes
Buttered Egg Noodles
Devil's Food Cake w/
Mocha Butter Cream Frosting
Asst. Fruit Pies

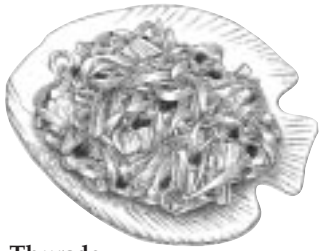
Dinner
Swiss Steak w/Brown Gravy
Baked Fish Fillets
Lyonnaise Potatoes
Steamed Rice
Devil's Food Cake w/
Mocha Butter Cream Frosting
Asst. Fruit Pies

Specialty Bar
Taco Bar

Wednesday
Lunch
Baked Ham
Chili Macaroni
Candied Sweet Potatoes
Grilled Cheese Sandwich
Bread Pudding
w/Lemon Sauce
Peanut Butter Cookies
Asst. Fruit Pies

Dinner
Baked Stuffed Pork Chops
Turkey Pot Pie
Mashed Potatoes
Steamed Rice
Bread Pudding
w/Lemon Sauce
Peanut Butter Cookies
Asst. Fruit Pies

Specialty Bar
Hot Dog Bar



Thursday
Lunch
Cantonese Spareribs
Baked Tuna & Noodles
Shrimp Fried Rice
Pineapple Upside-Down Cake
Asst. Fruit Pies

Dinner
Swedish Meatballs
Caribbean Chicken
Steamed Rice
O'Brien Potatoes
Pineapple Upside-Down Cake
Asst. Fruit Pies

Specialty Bar
Taco Bar

CREDIT, From B-4

status of your credit accounts. If you maintain joint accounts during this time, it is important to make regular payments so your credit record won't suffer. As long as there is an outstanding balance on a joint account, you and your spouse are responsible for it.

Many divorced people learn the hard way that creditors don't care how property and bills are divided in a divorce. In the case of joint accounts, both spouses are responsible for paying debt back.

Divorce and credit

In the event of a divorce, you need to track down each and every credit account your spouse could access, either as a joint borrower or as an authorized user. In addition to the accounts you use frequently, you will need to look for ones you have not used for years, such as all those department store cards you opened to get 10-percent-off discounts.

You can search through your old paperwork to find these records, but it is probably quicker and more effective to get your credit report from each of the three major bureaus: Experian, Equifax and TransUnion. You can get all three reports consolidated, since one may list credit accounts the others missed.

Identity theft

Others of you who are not headed for divorce should also be concerned about your credit reports because of the frequency of identity theft. Skilled identity thieves use a variety of methods to gain access to your personal information — methods frighteningly simple.

With your personal information in hand, they can go on spending sprees with credit and debit card account numbers. They can open a new credit card account using your name, date of birth, and SSN. They are able to change the mailing address on your credit card account and then run up charges on that account. And when they

do not pay the bills, the delinquent account is reported on your credit report. Because the bills are being sent to the new address, it may take some time before you realize there is a problem.



Ruined credit

The list goes on and on of how identity thieves can ruin your credit history and your finances. They can take out loans in your name, establish phone or wireless service, open a bank account and write bad checks and file bankruptcy to avoid paying debts they have incurred — all in your name.

Deterrence methods

The best way to determine whether or not you have been a victim of identity theft is to order a copy of your credit report from each of the three major credit bureaus. According the Fair

Credit Report Act, you can obtain a credit report once a year for no more than a \$9 fee. If you have been a victim of identity theft, or are unemployed and seeking employment, you may obtain a free credit report from any of these agencies:

Equifax

P.O. Box 105851, Atlanta, GA 30348
1-800-685-1111

www.equifax.com

Experian

P.O. Box 2002, Allen, TX 75013
1-888-397-3742

www.experian.com

TransUnion

P.O. Box 1000, Chester, PA 19022
1-800-916-8800

www.transunion.com

It is recommended that you send the request via certified mail with a return receipt requested. Allow the credit agencies 8-10 working days to process your request and supply a response.

For more information regarding credit in general, contact your base Legal Assistance Office.

WTP, From B-5

party of the Pineapple Garden Maze, April 3 from 10 a.m. to 4 p.m.

All are sure to enjoy their day in the country at this free event, complete with live entertainment, great food, keiki activities and more.

Special admission fares to Plantation attractions will be offered.

Call 543-3556 for more information.

‘Mighty Mo’ Reopens Popular Youth Program

Youth groups can once again sample life as a Sailor aboard America’s last and greatest battleship, the Mighty Mo.

“The Battleship Missouri Encampment Program is much more than just a campout; it emphasizes the basic values kids need to develop into responsible

adults,” said Steven Kooiman, education manager for the USS Missouri Memorial Association. “Just like real Sailors, campers sleep in the crew berthing areas, store their gear in the lockers, eat Navy-style meals on the ship’s mess deck.”

The program is specifically designed to foster team and leadership skills too. A busy schedule keeps them active past nightfall, “just like it happens at sea,” said Kooiman.

There is a minimum adult/child ratio of 1 to 6 for ages 6-11 and 1 to 10 for ages 12-17. Cost is \$49 per child and \$59 per adult, for groups of 20 and larger; kamaaina and military rates are available. Meals and snacks are included in the price.

For more details, call 455-1600, ext. 231, or visit www.USSMissouri.org.